Today's Practice

total - L1:3300@59:15, L2:3100@1:00:05, L3:2750@58:05, L4:2300@57:45

Warmup

total - L1:600@15:00, L2:600@15:00, L3:600@15:00, L4:600@15:00

@ 15:00 15:00 15:00 15:00

200 Free

100 IM

200 Free pull

100 Kick

Preset

total - L1:400@7:25, L2:400@8:15, L3:400@9:05, L4:400@10:55

200 IM drill / swim

@ 3:35 3:55 4:35 5:15

2x 50 Choice build

@ :55 1:00 1:05 1:20

4x 25 Choice 1. fast / ez 2. ez / fast 3. ez 4. fast

@ :30 :35 :35 :45

Main Set

total - L1:2000@30:50, L2:1800@30:20, L3:1450@27:00, L4:1000@23:20

200 Free

@ 2:50 3:10 3:30 3:05(150)

2x 25 Choice 1 easy / 1 fast

@ :30 :35 :35 :45

3x 150 Free

@ 2:05 2:20 2:35 2:05(100)

4x 25 Choice 1 easy / 1 fast

@ :30 :35 :35 :45

5x 100 Free

@ 1:25 1:35 1:45 1:00(50)

6x 25 Choice 1 easy / 2 fast

@ :30 :35 :35 :45

7x 50 Free

@ :40 :45 :50(0x) 1:00(0x)

8x 25 Choice 1 easy / 3 fast

@ :30 :35(0x) :35(0x) :45(0x)

Post Set (if time permits)

total - L1:300@6:00, L2:300@6:30, L3:300@7:00, L4:300@8:30

3x 100 Choice drill / swim

@ 2:00 2:10 2:20 2:50

Today's Practice – Lane 1

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

Preset

200 IM drill / swim

@ 3:35

2x 50 Choice build

@ :55

4x 25 Choice

1. fast / ez 2. ez / fast 3. ez 4. fast

@ :30

Main Set

1x 200 Free

@ 2:50

2x 25 Choice 1 easy / 1 fast

@ :30

3x 150 Free

@ 2:05

4x 25 Choice 1 easy / 1 fast

@ :30

5x 100 Free

@ 1:25

6x 25 Choice 1 easy / 2 fast

@ :30

7x 50 Free

@ :40

8x 25 Choice 1 easy / 3 fast

@ :30

Post Set (if time permits)

3x 100 Choice drill / swim

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

Preset

200 IM drill / swim

@ 3:55

2x 50 Choice build

@ 1:00

4x 25 Choice

1. fast / ez 2. ez / fast 3. ez 4. fast

@ :35

Main Set

1x 200 Free

@ 3:10

2x 25 Choice 1 easy / 1 fast

@ :35

3x 150 Free

@ 2:20

4x 25 Choice 1 easy / 1 fast

@ :35

5x 100 Free

@ 1:35

6x 25 Choice 1 easy / 2 fast

@ :35

7x 50 Free

@ :45

Post Set (if time permits)

3x 100 Choice drill / swim

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

Preset

200 IM drill / swim

@ 4:35

2x 50 Choice build

@ 1:05

4x 25 Choice

1. fast / ez 2. ez / fast 3. ez 4. fast

@ :35

Main Set

1x 200 Free

@ 3:30

2x 25 Choice 1 easy / 1 fast

@ :35

3x 150 Free

@ 2:35

4x 25 Choice 1 easy / 1 fast

@ :35

5x 100 Free

@ 1:45

6x 25 Choice 1 easy / 2 fast

@ :35

Post Set (if time permits)

3x 100 Choice drill / swim

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

Preset

200 IM drill / swim

@ 5:15

2x 50 Choice build

@ 1:20

4x 25 Choice

1. fast / ez 2. ez / fast 3. ez 4. fast

@ :45

Main Set

1x 150 Free

@ 3:05

2x 25 Choice 1 easy / 1 fast

@ :45

3x 100 Free

@ 2:05

4x 25 Choice 1 easy / 1 fast

@ :45

5x 50 Free

@ 1:00

6x 25 Choice 1 easy / 2 fast

@ :45

Post Set (if time permits)

3x 100 Choice drill / swim